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U. S. DEPARTMENT OF AGRICULTURE

Published monthly by the Bureau of Human Nutrition and Home Economics, Agricultural Research Administration, with the approval of the Director, Bureau of the Budget (August 11, 1949).

News Letter

NUMBER 89

WASHINGTON, D. C.

JANUARY 1950

SCHOOL LUNCH SUBJECT OF 3-DAY CONFERENCE

How can we make school lunches be of greatest benefit and contribute most to children's development? How can we best provide good lunches with the funds, facilities, and personnel available? Members of the School Food Service Association discussed these questions and others at their third annual conference in Washington November 16-18.

Secretary of Agriculture Charles F. Brannan welcomed the group and remarked on the progress that has been made in bringing more children into the program and in serving better lunches. He pointed out that expanding the school lunch program to give every school child a type A lunch would benefit the children and the Nation's economy at the same time.

Speaking on the subject, "Trends in Family Food Consumption and Implications for Child Feeding," Dr. Hazel K. Stiebeling, Chief of BHNHE, said that school food service has an important part to play in improving dietary levels, not only by supplementing the diets of children at the points where nutritionally the links are weakest, but also by providing experiences with food which should help to mold dietary habits more closely in accord with nutritional knowledge. By providing nutritionally appropriate and appetite-appealing food, school meals can help lay the foundation for sound physical, intellectual, and emotional growth and development. Those responsible for school food service and who help control both the character of the meals and the environmental conditions under which they are served, can markedly affect the response children make to nutrition.

Dr. Neige Todhunter, University of Alabama, listed as some of the school lunch problems that need research:

- ..How to serve an adequate lunch at a price that all can afford.
- ..How to arouse the interest and cooperation of administrators and teachers.
- ..How to get the school lunch to function in the education of the child.
- ..How to guide the child into making right choices—to spend his money for

fruit or milk instead of soft drinks and candy.

..How to get the child to eat food that is served to him.

..Is vitamin D adequate in the child's diet?

..Is riboflavin content adequate?

..Should teen-agers be allowed free choice in the cafeteria?

..What is essential equipment? What size, type, and structure of equipment should be used in schools of different sizes?

..What are the best techniques and procedures for training school lunch personnel at all levels?

Research is needed if we are to make progress along sound lines in the school lunch program, Dr. Todhunter continued.

Those responsible for the school lunch program can conduct some of these investigations; others require the help of other professional people. However, school lunch people must clarify and state their problems to gain the help and support of appropriately trained specialists in schools, universities, and research laboratories.

Dr. Miriam E. Lowenberg of the Rochester (Minn.) Child Health Institute described how the Institute operates and its purpose. "We are trying to find out how to coordinate our services most effectively with other community services," she said.

Pointing out that what the public health nurse, social worker, public school teacher, or doctor does in nutrition affects the same families that participate in the school lunch, she said that only if they cooperate can they do an effective job. Most people want to work together if someone takes the leadership to get them together.

No cooperating group can sustain interest, she continued, unless there are real projects to work on—projects which have an immediate and personal meaning to every member of the group.

No one who is truly interested in broad aspects of the community can afford not to seize every opportunity to be a real part of working community groups.

Mrs. Frances Mayfarth of the Association of Childhood Education International summarized some of the values a child can derive from a good lunch service. One of these is self-respect. A child should develop respect for his body and learn how to care for it. Knowing what to eat is part of caring for his body. Eating with other people is a socializing, equalizing, and stabilizing experience, she went on. The school lunch period contributes to emotional stability when the children gather in a pleasant place with friends. Then out of the fundamental respect for himself and out of the socializing experience of good companionship and good food the individual develops a social conscience—which means concern for the welfare of others.

These points are developed further in the bulletin "Lunch at School," 32 pp., 1948, obtainable for 50 cents from the Association at 1200 15th Street NW., Washington 25, D. C.

Members at the conference listened also to specialists give information on such subjects as training and supervision of employees, layouts and selection of equipment, and accident prevention. They saw demonstrations of meat, poultry, and egg grading, and of the use of fish. Exhibits of foods and equipment brought new products to their attention. They discussed appropriations, budgets, legislation, and administrative procedures and methods. Nutrition education in schools, from elementary grades through college, was discussed.

The conference program also included a meeting of the Committee on Professional Standards for School Lunch Supervisors which is made up of representatives of the ADA, AHEA, and School Food Service Association.

At the annual dinner Mrs. Raymond Clapper spoke on "Behind the Washington Scene." Talks on "Trends in Education in the United States" by Dr. W. E. Givens of the National Education Association and "Schools in Foreign Feeding Programs" by Mrs. Oswald B. Lord highlighted the annual luncheon.

MIDCENTURY WHITE HOUSE CONFERENCE ON CHILDREN AND YOUTH CALLED

The week beginning December 3, 1950, has been set as the date of the Midcentury White House Conference on Children and Youth. This date was set by the National Committee for the Conference shortly after being appointed by President Truman last August. The National Committee consists of 52 citizens under

the chairmanship of Federal Security Administrator Oscar R. Ewing and will give general direction to the whole undertaking.

The President also requested Governors to appoint or designate State committees to participate in this Conference. Most of the Governors have already done so and many report also that county committees have been formed to carry out self-study and community action programs.

The purpose of the conference will be to consider how we can develop in children the mental, emotional, and spiritual qualities essential to individual happiness and to responsible citizenship. To do this the Conference will—

- (a) Bring together in usable form pertinent knowledge related to the development of children and indicate areas in which further knowledge is needed.
- (b) Examine the environment in which children are growing up, with a view to determining its influence upon them.
- (c) Study the ways in which the home, the school, the church, welfare agencies and other social institutions, indi-

NUTRITION PLANNING COMMITTEE NOTES

Dr. Hazel K. Stiebeling, Chief of BHNHE, told members of the Inter-Agency Nutrition Planning Committee at their November meeting that Nutrition Programs Service will continue to assist this group as well as State and local committees as they voluntarily work to develop more effective programs in the States. Nutrition Programs Service was recently transferred from PMA to BHNHE (Nov. NNL) and is maintained as a separate unit in BHNHE.

She called attention to some coming events in which the committee will probably be interested:
 ..The Midcentury White House Conference on Children and Youth in 1950.
 ..UNESCO theme "Food and People."
 ..The tenth anniversary of the National Nutrition Conference in 1951.

The committee felt the slide film on nonfat dry milk reviewed by them and prepared by the U. S. Public Health Service for the Maryland State Department of Health was an effective presentation of facts.

Gertrude R. Drinker
 Chairman

vidually and cooperatively, are serving the needs of children.

- (d) Formulate, through cooperative effort of laymen and specialists, proposals for the improvement of parental, environmental, and institutional influences on children.
- (e) Suggest means whereby these proposals may be communicated to the people and put into action.

From time to time the NNL will bring you items of interest about the Conference.

RESEARCH SHOWS VALUE OF PROTEIN FOODS FOR BREAKFAST

Ammunition to support good breakfast programs comes from a BHNHE study just published on "The Breakfast Meal in Relation to Blood-Sugar Values." In a 2-year study comparing eight kinds of American breakfasts, Dr. Elsa Orent-Keiles and Lois F. Hallman obtained evidence that breakfast featuring protein-rich foods, such as milk and eggs, can do more for the eater's sense of well-being and stave off fatigue hours longer than a morning meal with less protein. The sense of well-being consistently reported by the nine laboratory workers in the experiment when they ate larger amounts of protein in the morning was borne out by the record of their blood-sugar level, one physiological indicator of the body's response to different meals. Influence of a breakfast with plenty of protein lasted even into the afternoon when the noon meal was very light.

Stressing the need for further research, the scientists say: "It begins to appear that the nutritional effectiveness of foods depends to some extent upon the way in which they are distributed in the day's meals." It is an advantage, they conclude, to provide for about a third of the day's protein allowance in breakfast, and to have some top-quality protein in this meal. The technical report of this study is listed under New Materials.

NEWS OF STATE COMMITTEES

NEW YORK STATE NUTRITION COMMITTEE HEARS REPORTS OF SUBCOMMITTEES

Based on its study of existing school lunch programs and the need for programs in schools having none, the Subcommittee on School Lunch offered the following suggestions to local nutrition committees.

Study the need for school lunches for school children.

..Study the problems of developing a good school lunch program.

..Study and interpret the program as a part of the total health education program of the school.

..Work closely with the school lunch supervisors and officials in promoting the school lunch program.

Distribution of nonfat dry milk through chain and independent grocers in up-State New York started last March, the Subcommittee on Nonfat Dry Milk Solids reported. To promote acceptance and use by consumers, members of the Subcommittee gave information on use of nonfat dry milk to public health nurses and to local nutrition committee members at the Regional Nutrition Committee meetings. They also prepared a set of slides on its use that are available on loan to local groups.

The State Health Department is cooperating closely in this work and the Subcommittee hopes that other organizations will also take an active part. It points out that there is much promotion to be done if nonfat dry milk is to be used in families where the need is greatest. Major responsibility for this job lies with local groups—school teachers, Home Bureau leaders, and members of local nutrition committees.

The Improved Baked Goods Subcommittee has a two-fold purpose: (1) To create public demand for better baked goods and open-formula labeling on bread; and (2) to interest bakers in producing improved bread and bakery products. A formula for improved bread has been developed; information about it is given in the Journal of Home Economics for April 1949, and in the Journal of the American Dietetic Association for May 1949.

The Subcommittee on Legislation recommended that each local nutrition committee establish a legislative committee. Its purpose would be to study any proposed legislation which pertains to nutrition and present a report to the whole committee. It should also determine if legislative action is necessary to meet the needs of the community. In addition it would serve as liaison with other groups such as PTA, League of Women Voters, and AAUW. Such legislative committees would keep in touch with their own Federal and State senators and representatives and express to them their interest in any legislation relating to nutrition.

Subcommittee on Industrial Nutrition is planning a pilot study in a small industrial up-State community to develop

ways and means for agencies to work most effectively together to improve adult nutrition. With each agency contributing from its field of special knowledge and experience it is hoped that this pilot study will not only improve the nutrition of the community and increase community interest in this subject, but will provide data which will be of scientific interest and develop techniques applicable to other communities.

These reports were given at the Eleventh Annual New York State Nutrition Conference last July. (See Sept.-Oct. NNL for note on Conference as a whole.)

WEST VIRGINIA REPORTS ON ITS ACTIVITIES

The report for 1948-49 lists four projects under way—

- ..Vitamin C foods. Newspaper articles and radio programs written by members of the State Nutrition Committee have stressed the importance of including vitamin C-rich foods in meals.
- ..Survey of nutrition information. The committee developed two questionnaires—"How Am I Doing?" and "Which is it?"—to check food practices and nutrition information of members of service clubs and other organized groups.
- ..Study of Recruitment of Dietitians.
- ..Good Breakfast Program. The exhibit on good breakfast was shown at nine State meetings. Radio and newspaper releases were sent to stations and editors throughout the State.

The State Nutrition Committee has 51 members representing 31 organizations. The new chairman is Dr. A. H. VanLandingham of West Virginia University.

UTAH NUTRITION COUNCIL PLANS YEAR'S WORK

The State Nutrition Council decided on its program of work for the year and appointed committee chairmen at its organizational meeting in September, Chairman Anna Marie Driscoll writes. Among its activities is the writing of a regular column under the title "Nutrition Council Says" for the magazine FOOD published by the Inter-Mountain Restaurant Association.

The State Supervisor of Home Economics discussed in detail the food section of the new course of study for home economics in the State.

Summaries and reports of the American Dietetic Association Convention in Denver and the National Food Conference in Chicago were given at the October meeting. Members of the Research Committee talked on "Child Nutrition" and "Nutrition and Food for Older People."

PENNSYLVANIA URGES NUTRITION TRAINING FOR ALL TEACHERS

Preservice training in nutrition for elementary and secondary school teachers is of major concern to the Pennsylvania Nutrition Council. Since nutrition is included for all grades in the newest curriculum of Pennsylvania schools, not as a specific formal subject but as an integrated part of other subjects, all public school teachers need accurate and up-to-date information on nutrition. To meet this need, the Council recommended to the Superintendent of Public Instruction that nutrition teachers be appointed on the staffs of all teachers colleges and other teacher-education institutions, and that all prospective teachers have some nutrition training.

The Council further suggested that if it is not possible to have a nutrition teacher on the staff of every teacher-training institution, an itinerant teacher, highly trained in nutrition, be employed to give instruction in this field in the colleges not so staffed.

If this also is not feasible, the Nutrition Council offered to mobilize a group of well-qualified nutrition teachers to give simple, basic, concentrated courses in nutrition in colleges without a nutrition teacher. These courses would be given under the auspices of the Department of Public Instruction and without remuneration. The course of study would include fundamentals of nutrition and their application to child, family, and community problems.

The August issue of COMMONWEALTH, the Magazine for Pennsylvania, devoted all but two pages to the Pennsylvania nutrition program.

NEW MATERIALS

Available from Superintendent of Documents, GPO, Washington 25, D. C.

"The Breakfast Meal in Relation to Blood-Sugar Values," by Elsa Orent-Keiles and Lois F. Hallman. (Circ. 827, 24 pp., illus., 1949.) 10 cents.

Available from Production and Marketing Administration, USDA, Washington 25, D. C.

"The National School Lunch Program 1948-49." (Processed, 6 pp., Nov. 1949.)

"School Lunch Recipes Using Cheese." (Processed, 10 pp., Nov. 1949.)

"Yeast and Quick Bread Recipes for the School Lunch." (Processed, 37 pp., Nov. 1949.)